



Home of the Huskies

St. Cloud State University

HUSKY ATHLETICS

Athletic Media Relations - Track & Field

Contact: Anne Abicht 320-308-2141 / aabicht@stcloudstate.edu

07/08 SCHEDULE

2007-08 INDOOR SCHEDULE

DATE	MEET LOCATION TIME / RESULT
Dec. 8	Minnesota State Pre-Season Open
Jan. 12	Northwest Open, Minneapolis
Jan. 19	Minnesota Open, Minneapolis
Jan. 26	Minnesota Open, Minneapolis
Feb. 1-2	UNI Invitational, Cedar Falls, IA
Feb. 9	Husky Open, St. Cloud, Minn., 12:30 pm
Feb. 16	St. Cloud State Open, 12:30 pm
Feb. 22	Snowshoe Open (Men), Minneapolis
Feb. 23	Parent Day Open (Women) Minneapolis
Feb. 29-Mar. 1	NCC Indoor Championships, Mankato, MN Women - 7th; Men - 5th
Mar. 14-15	NCAA DII Indoor Championships, Mankato

2008 OUTDOOR SCHEDULE

Mar. 30-31	Northwest Missouri Multi, Maryville, MO
Apr. 5	Northern State Open, Aberdeen, SD
Apr. 12	Bison Open, Fargo, ND
Apr. 13-14	St. John's Multi, Collegeville
Apr. 17-19	Kansas Relays, Lawrence, KS
Apr. 25	Simpson Twilight, Des Moines, IA
Apr. 24-26	Drake Relays, Des Moines, IA
Apr. 28-29	NCC Multi Championships at St. Cloud
Apr. 30	Tommie Twilight (women), St. Paul
May 3	St. Thomas Invite, St. Paul
May 9-10	NCC Outdoor Championships, at Sioux Falls, S.D.
May 22-24	NCAA DII Outdoor Championships at Walnut, Calif.

SCSU Quick Facts

Founded: 1869
 Enrollment: 16,500
 Team Colors: Cardinal and Black
 Team Nickname: Huskies
 Home Track : Halenbeck South Fieldhouse
 National Affiliation: NCAA Division II
 Conference Affiliation: North Central
 President: Dr. Earl H. Potter III
 Athletics Director: Dr. Morris Kurtz
Head Track & Field Coach: Seth Mischke
 Year at SCSU: 9th season
 Alma Mater: University of Minnesota, 1997
 Assistant Coaches: Travis Zins (Throws); Tracy Miranowski (Distance); Jason Koch (Multi-Events & Hurdles); Terra Foster (Sprints); Brian Sebera
 Graduate Assistant Coach (Sprints & Relays)
Athletic Media Relations Director/Track & Field
 Contact: Anne Abicht; 320-308-2141/aabicht@stcloudstate.edu
 Assistant Media Relations Director: Tom Nelson
 Assistant Media Relations Director: Celest Stang
 Graduate Assistants: Matt Marek & Pat McCabe

St. Cloud State Probable Starters

FOR RELEASE: March 5, 2008

St. Cloud State's Amanda Kunkel Qualifies For NCAA DII Indoor Track and Field Championships: St. Cloud State University senior Amanda Kunkel (Eden Prairie) has qualified for the NCAA Division II National Indoor Track and Field Championships in the shot put. Kunkel will compete for a national title and All-American honors on March 14-15. Minnesota State University, Mankato will host the championships at the Myers Field House on the MSU campus.

Schedule of Events: The national championships will get underway at 11:25 a.m. on Friday, March 14. The women's shot put competition is scheduled for Saturday, March 15 at 12 noon.

Results: Complete team and individual results will be updated throughout the meet on www.ncaasports.com and the MSU Athletics website at www.msumavericks.com (click on the NCAA Track & Field Championships icon).

Web Streaming: Video of the meet will be streamed on www.msumavericks.com

About Amanda Kunkel: Kunkel qualified for the national championships with a 46' 5 1/2" mark set at the Husky Open on February 9 at the Halenbeck South Fieldhouse. This is the second straight year that Kunkel has qualified for the national indoor championships in the shot put. Last year, she earned All-American honors at the indoor championships with a fifth place finish with a mark of 46'9 1/2". Kunkel has also qualified for the NCAA outdoor championships twice, in 2006 and 2008. She earned All-American status at the 2007 outdoor national championships with a third place finish. A two-time All-American, Kunkel won the 2006 North Central Conference outdoor shot put title and holds the SCSU school record for the weight throw with a mark of 50' 8 3/4".

Udia Wins NCC 60 Meter Dash Title: Sophomore sprinter Gabe Udia won the 60 meter dash at the 2008 North Central Conference Indoor Championships on Mar. 1. He won the race in 6.87 and was the only Husky to take home an individual title.

NCC Results: The St. Cloud State men placed fifth and the women fourth at the NCC Indoor Championships held Feb. 29 & Mar. 1. The men's team champion was MSU-Mankato while the women's team title went to the University of South Dakota. **Men's Standings:** 1. MSU-Mankato 284, 2. South Dakota 148, 3. Minnesota Duluth 118, 4. North Dakota 92, 5. St. Cloud State 47, 6. Augustana 44. **Women's Standings:** 1. South Dakota 192, 2. MSU-Mankato 162, 3. Augustana 124, 4. Nebraska-Omaha 110, 5. Minnesota Duluth 64, 6. North Dakota 54, 7. St. Cloud State 31.

School Records Set: St. Cloud State established two new records in the women's indoor track record book on Feb. 9. Kunkel broke her own record in the weight throw with a mark of 51' 10 1/2" at the Husky Open. Her old mark of 50'8 3/4" was set in 2006. The women's distance medley of Paula Marozas, Cheryl Hundt, Holly Dombrovski and Emily Winans set a new mark of 12:54.04. The old mark of 13:15.84 was established in 2006 and Winans was a member of that relay team.

www.StCloudState.edu/athletics/sports/track/default.asp



Team Roster

Women's			
Name	Yr.	Event	Hometown (High School)
Andrea Borden	SO	Distance	Merrifield (Crosby-Ironton)
Lindsay Conroy	FY	Throws	Clearwater (St. Cloud Tech)
Holly Dombrowski	SR	Sprints	Sartell
Amanda Eggebretsch	SO	Sprints	St. Cloud (Tech)
Sarah Ewald	FY	Sprints	Watertown (Watertown-Mayer)
Valerie Fuchs	SO	Jumps/Sprints	Royalton (H.S.)
Christa Halonen	JR	Distance	Annandale
Christine Henke	FY	Jumps/Sprints	Blue Earth
Kimberly Horner	JR	Sprints	Oakdale (North St. Paul)
Cheryl Hundt	FY	Mid-Distance	Bangor, WI
Kelsey King	FY	Hurdles/Multi	Lakeville (Burnsville)
Rebecca Kitzman	FY	Throws	Verona, WI (Verona Area)
Amanda Kunkel	SR	Throws	Eden Prairie
Paula Marozas	FY	Distance	Rochester (Andover)
Heather Miller	JR	Jumps/Sprints	Sun Prairie, WI (Columbus)
Brittney Moffatt	FY	Mid-Distance	Coon Rapids (St. Francis)
Crystal Moor	JR	Hurdles/Sprints	Minneapolis (Washburn)
Kelley Nelson	JR	Mid-Distance	Westbrook (Westbrook-Walnut Grove)
Sierrah Poole	SO	Distance	Blue Earth (Blue Earth Area)
Megan Quistorff	FY	Sprints	Sauk Centre
Andraya Rollins	FY	Throws	Grand Rapids
Libbie Sanders	JR	Distance	Coon Rapids
Amber Schueler	SR	Hurdles/Jumps	Glencoe (Glencoe-Silver Lake)
Mikha Tan	JR	Jumps/Sprints	Sioux City, IA (Sergeant Bluff-Luton)
Melissa Walden	FY	Mid-Distance	Deep River, Ontario
Angela Walhovd	FY	Hurdles/Multi	Mauston, WI
Mary Wilson	SO	Javelin	Grand Forks, N.D. (Red River)
Emily Winans	JR	Distance	Fergus Falls
Men's			
Dan Allen	FY	Jumps/Mid-Distance	St. Cloud (Cathedral)
Vivian Bambara	SO	Sprints	Big Lake (St. Paul Johnson)
Cyrus Beckwith	FY	Pole Vault	Saginaw
Mitch Bruzik	SO	Throws	Alexandria (Jefferson)
Brian Chavers	FY	Sprints	Plymouth
Hady Cherif	FY	Distance	Minneapolis (St. Louis Park)
Bob Colwell	SO	Hurdles	Altoona, WI
Jeremy Davis	FY	Hurdles	Champlin Park
Isaiah Fuller	JR	Pole Vault	Faribault
Michael Graham	SR	Sprints	Oakdale (Tartan)
Ben Held	JR	Hurdles	Hinton, Iowa
Marcus Jenkins	JR	Hurdles	Long Branch, N.J.
Cris Jirele	SO	Multi	Medford (El Shaddi/Medford)
Sam Johnson	SR	Jumps/Sprints	Savage (Burnsville)
Adam Kershaw	SO	Throws	Foley
Matt Main	FY	Mid-Distance	Webster, WI
Kyle Mikesh	SO	Throws	Eden Prairie
Tim Moes	JR	Mid-Distance	Becker
Pierce Novak	SO	Sprints	Coon Rapids
Shawn Onken	JR	Sprints	Eagle Bend (Parkers Prairie)
Lucas Pedersen	JR	Mid-Distance	Richfield
David Queck	JR	Sprints	Annandale
Cyrus Raivo	SO	Throws	Brook Park (Mora)
Mitchell Robertson	SO	Sprints	Rice (Sauk Rapids-Rice)
Billy Sackett	FY	Mid-Distance	Grand Rapids
Bobby Scepaniak	JR	Pole Vault	Avon (Holdingford)
Shawn Steinkraus	FY	Distance	Brainerd
Andrew Stueck	SO	Throws	Madison, WI (LaFollette)
Gabe Udia	SO	Sprints	Inver Grove Heights (Simley)
Vanlice Washington	FY	Hurdles/Sprints	Coon Rapids
Ben Wagner	SO	Distance	Buffalo (Waconia)
Dan Weihrauch	FY	Throws	Sartell
Fred Williams	FY	Jumps/Sprints	Milwaukee, WI (South Division)

Head Coach Seth Mischke



Head Coach Seth Mischke (Minnesota, 1997) is in his ninth season at the helm of the SCSU men's and women's track & field teams. Mischke was hired in 1999 after serving two years as an assistant to Tracy Dill. In his eight seasons at St. Cloud State, Mischke has coached eight indoor All-American's and 14 outdoor All-American's as well as 19 North Central Conference individual champions.

The best finish for a Mischke coached squad was in the 2005 indoor season when the men's team scored a third place NCC finish. That following spring, in the outdoor season, the men finished in fifth place and coach Mischke was rewarded by being named the 2005 NCC men's track & field coach of the year.

A native of Worland, Wyoming, Mischke is a 1997 graduate of the University of Minnesota where he was a member of the Golden Gophers men's track & field team. A two-time team captain, he was a consistent top-eight finisher at the Big Ten Championships in multi-events.

Assistant Coaches

- Travis Zins - Throws
- Tracy Miranowski - Distance runners
- Jason Koch - Multi Events & Hurdles
- Terra Foster - Sprints
- Brian Sebera (Graduate Assistant Coach) - Sprints & Relays



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Ten Named to Academic Indoor Track and Field Honor Roll:

Sioux Falls, SD -- The North Central Conference has announced the 2008 NCC Commissioner's Academic Honor Roll for indoor track and field, and ten members of the St. Cloud State University men's and women's program have been honored.

To qualify, student-athletes must have a minimum 3.20 grade point average, have completed at least two semesters at their current school, and have competed against outside competition.

The St. Cloud State honorees include sophomore Valerie Fuchhs (Royalton), a pre-recreation/sports management major; juniors Christa Halonen (Annandale), a management major, Crystal Moor (Minneapolis), a Spanish major; Kelley Nelson (Westbrook), a pre-nursing major; Mikha Tan (Sioux City, IA), a recreation/sports management major; Emily Winans (Fergus Falls), a communication studies major; and senior Amber Schueler (Glencoe), a marketing major.

The honorees from the men's team are sophomores Pierce Novak (Coon Rapids), a mass communications major and Cyrus Raivo (Brook Park), a pre-physical education major, and senior Sam Johnson (Savage), enrolled in the master's of exercise science degree program.

North Central Conference Women's Results:

Pentathlon

2. Walhovd, Angela, St. Cloud St	3,050
8. King, Kelsey, St. Cloud St	2,727
9. Fuchs, Valerie, St. Cloud St	2,640

Distance Medley Relay - 6. St. Cloud State University 13:35.64

High Jump 9 Ewald, Sarah, St. Cloud St 4-11.50

Long Jump

4 Tan, Mikha, St. Cloud St	17-09.00
10 Fuchs, Valerie, St. Cloud St	16-06.00

Weight Throw

7 Kunkel, Amanda, St. Cloud St	48-02.00
16 Wilson, Mary, St. Cloud St	38-09.50

Shot Put

18 Fuchs, Valerie, St. Cloud St	32-10.25
-- Kunkel, Amanda, St. Cloud St	FOUL

Mile Run

13 Marozas, Paula, St. Cloud St	5:37.78
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60 Meter Hurdles

10 Ewald, Sarah, St. Cloud St	9.62
11 Walhovd, Angela, St. Cloud St	9.65
12 King, Kelsey, St. Cloud St	9.71

400 Meter Dash

8 Quistorff, Megan, St. Cloud St	1:00.12
15 Eggebrecht, Amanda, St. Cloud St	1:03.44

500 Meter Dash

8 Hundt, Cheryl, St. Cloud St	1:20.81
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60 Meter Dash

5 Tan, Mikha, St. Cloud St	8.08
14 Horner, Kim, St. Cloud St	8.90

800 Meters

7 Dombrovski, Holly, St. Cloud St	2:25.04
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1000 Meters

8 Marozas, Paula, St. Cloud St	3:19.20
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200 Meter Dash

13 Ewald, Sarah, St. Cloud St	27.77
17 Horner, Kim, St. Cloud St	29.78

3000 Meters

15 Halonen, Christa, St. Cloud St	11:19.73
16 Sanders, Libbie, St. Cloud St	11:33.37

4x400 Meter Relay - 6 St. Cloud State University 4:11.15

North Central Conference Men's Results:

Pentathlon

10. Andrew Stueck, St. Cloud St	2,848
11. Jirele, Cris, St. Cloud St	2,784

Weight Throw

10 Kershaw, Adam, St. Cloud St	48-01.25
12 Bruzik, Mitch, St. Cloud St	45-04.25
16 Raivo, Cyrus, St. Cloud St	40-04.00
-- Weihrauch, Dan, St. Cloud St	FOUL

Pole Vault

11 Beckwith, Cyrus, St. Cloud St	13-01.00
12 Paschke, Shawn, St. Cloud St	12-07.25
13 Farniok, Brett, St. Cloud St	12-07.25

Long Jump

4 Williams, Fred, St. Cloud St	22-01.00
14 Johnson, Sam, St. Cloud St	20-03.00

5000 Meters

13 Cherif, Hady, St. Cloud St	16:26.41
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Distance Medley Relay-6 St. Cloud State University 11:33.76

Shot Put

3 Kershaw, Adam, St. Cloud St	49-04.25
7 Bruzik, Mitch, St. Cloud St	47-05.75
9 Mikes, Kyle, St. Cloud St	46-10.25
17 Weihrauch, Dan, St. Cloud St	38-11.75

High Jump --Jirele, Cris, St. Cloud St NH

Mile Run

8 Allen, Dan, St. Cloud St	4:24.53
13 Sackett, Billy, St. Cloud St	4:46.02

60 Meter Hurdles

3 Held, Ben, St. Cloud St	8.52
7 Davis, Jeremy, St. Cloud St	8.86
13 Jirele, Cris, St. Cloud St	9.50

400 Meter Dash

7 Queck, David, St. Cloud St	51.22
9 Robertson, Mitchell, St. Cloud St	52.79

500 Meter Dash 11 Main, Matt, St. Cloud St 1:12.11

60 Meter Dash

1 Udia, Gabe, St. Cloud St	6.87
10 Johnson, Sam, St. Cloud St	7.29
11 Williams, Fred, St. Cloud St	7.34
12 Chavers, Bryan, St. Cloud St	7.46

800 Meters 11 Sackett, Billy, St. Cloud St 2:05.35

1000 Meters 9 Allen, Dan, St. Cloud St 2:37.34

200 Meter Dash

5 Udia, Gabe, St. Cloud St	22.46
8 Lefler, Chris, St. Cloud St	23.64
11 Onken, Shawn, St. Cloud St	23.92
12 Chavers, Bryan, St. Cloud St	23.94

3000 Meters 14 Cherif, Hady, St. Cloud St 9:32.61

4x400 Meter Relay

4 St. Cloud State University	3:26.54
1) Johnson, Sam	2) Queck, David
3) Robertson, Mitchell	4) Davis, Jeremy



Top Five Finishers: The Huskies have had several top five place finishers this season.

Women's Shot Put

- 4. Amanda Kunkel, 45' 1/2" Parents Open, 2/23
1. Amanda Kunkel, 45' 1/2" SCSU Open, 2/16
5.. Valerie Fuchs, 32' 8 1/2" SCSU Open, 2/16
1. Amanda Kunkel, 46' 51/2" Husky Open, 2/9
4. Amanda Kunkel, 45'8 1/2" UNI Invitational, 2/2
4. Amanda Kunkel, 44'9 3/4" Jack Johnson Minnesota Classic, 1/26

Women's Weight Throw

- 1. Amanda Kunkel, 14.94 SCSU Open, 2/16
4. Mary Wilson, 38' 3" SCSU Open, 2/16
1. Amanda Kunkel, 51'10 1/2" (school record) Husky Open, 2/9
3. Mary Wilson, 11.81m Husky Open, 2/9

Women's 60 Meter Dash

- 3. Megan Quistorff, 8.45 SCSU Open, 2/16
2. Mikha Tan, 8.18 Husky Open, 2/9
5. Megan Quistorff, 8.37 Husky Open, 2/9
4. Megan Quistorff, 8.31 Northwest Open, 1/12

Women's 200 Meters

- 3. Amanda Eggebrecht, 28.25 SCSU Open, 2/16
2. Megan Quistorff, 27.32 Husky Open, 2/9
3. Megan Quistorff, 27.53 Northwest Open, 1/12

Women's 400 Meters

- 5. Megan Quistorff, 61.26 Parents Open, 2/23
2. Amanda Eggebrecht, 1:03.46 Husky Open, 2/9

Women's 500 Meters

- 3. Cheryl Hundt, 1:23.21 SCSU Open, 2/16
1. Cheryl Hundt, 1:22.65 Husky Open, 2/9

Women's 800 Meters

- 1. Paula Marozas, 2:31.15 SCSU Open, 2/16
4. Kelsey King, 2:34.79 SCSU Open, 2/16
5. Kelley Nelson, 2:36.22 SCSU Open, 2/16

Women's Mile Run

- 4. Christa Halonen, 5:48.58 Husky Open, 2/9

Women's 1,000 Meter

- 5. Paula Marozas, 3:09.06 Parents Open, 2/23
4. Emily Winans, 3:11.00 SCSU Open, 2/16
4. Kelley Nelson, 3:25.12 Husky Open, 2/9

Women's 3000 Meter

- 4. Andrea Borden, 11:36.42 SCSU Open, 2/16

Women's 5000 Meter

- 2. Christa Halonen, 22:09.00 SCSU Open, 2/16
3. Libbie Sanders, 23:07.94 SCSU Open, 2/16

Women's 60 Meter Hurdles

- 4. Angela Walhovd, 9.83 Parents Day, 2/23
2. Angela Walhovd, 9.34 (PR) SCSU Open, 2/16
4. Kelsey King, 9.59 (PR) SCSU Open, 2/16
5. Sarah Ewald, 9.82 (PR) SCSU Open, 2/16
3. Angela Walhovd, 9.70 Husky Open, 2/9
4. Kelsey King, 9.87 Husky Open, 2/9
5. Sarah Ewald, 10.12 Husky Open, 2/9

Women's High Jump

- 2. Angela Walhovd, 1.45 m Husky Open, 2/9
4. Valerie Fuchs, 1.40m Husky Open, 2/9

Women's Long Jump

- 2. Mikha Tan, 17' 6 1/4" Parents Open, 2/23
2. Mikha Tan, 5.28 SCSU Open, 2/16
5. Kelsey King, 4.88 SCSU Open, 2/16
2. Mikha Tan, 5.28 Husky Open, 2/9

Men's 60 Meter Dash

- 3. Gabe Udia, 6.94 Snowshoe Open, 2/22
1. Gabe Udia, 6.98 SCSU Open, 2/16
4. Fred Williams, 7.22 SCSU Open, 2/16
1. Gabe Udia, 6.96 Husky Open, 2/9
3. Sam Johnson, 7.25 Husky Open, 2/9
4. Brian Chavers, 7.39 Husky Open, 2/9
2. Gabe Udia, 6.95 UNI Invitational, 2/2
1. Gabe Udia, 6.90 Jack Johnson Minnesota Classic, 1/26
1. Gabe Udia, 6.85 Minnesota Open, 1/19
2. Gabe Udia, 6.87 Northwest Open, 1/12

Men's Long Jump

- 4. Fred Williams, 6.49m SCSU Open, 2/16
2. Adam Luckey, 6.36m Husky Open, 2/9
3. Sam Johnson, 6.27m Husky Open, 2/9
5. Fred Williams, 22' 2 1/4" Jack Johnson Minnesota Classic, 1/26

Men's 200 Meters

- 2. Gabe Udia, 23.29 SCSU Open, 2/16
5. Fred Williams, 23.75 SCSU Open, 2/16
1. Gabe Udia, 22.90 Husky Open, 2/9
3. Gabe Udia, 22.83 Northwest Open, 1/12

Men's 400 Meters

- 2. David Queck, 51.91 SCSU Open, 2/16
3. Sam Johnson, 52.29 SCSU Open, 2/16
2. Mitch Robertson, 53.15 Husky Open, 2/9
4. David Queck, 52.03 Northwest Open, 1/12

Men's 500 Meters

- 4. Matt Main, 1:12.55 SCSU Open, 2/16

Men's 600 Meters

- 5. Matt Main, 1:29.67 Snowshoe Open, 2/22

Men's 800 Meters

- 2. Billy Sackett, 2:06.98 Husky Open, 2/9
3. Matt Main, 2:08.92 Husky Open, 2/9

Men's 1,000 Meters

- 3. Dan Allen, 2:43.41 SCSU Open, 2/16
2. Hady Cherif, 2:48.63 Husky Open, 2/9

Men's Mile Run

- 4. Dan Allen, 4:32.74 SCSU Open, 2/16

Men's 5000 Meters

- 2. Hady Cherif, 16:26.00 SCSU Open, 2/16

Men's 60 Meter Hurdles

- 5. Jeremy Davis, 8.60 Snowshoe Open, 2/22
3. Jeremy Davis, 8.66 (PR) SCSU Open, 2/16
2. Jeremy Davis, 8.93 Husky Open, 2/9
5. Cris Jirele, 9.73 Husky Open, 2/9
5. Ben Held, 8.70 Northwest Open, 1/12

Men's High Jump

- 4. Cris Jirele, 1.65m SCSU Open, 2/16
5. Andrew Stueck, 1.55m Husky Open, 2/9

Men's Pole Vault

- 2. Brett Farniok, 3.95m Husky Open, 2/9

Men's Shot Put

- 2. Adam Kershaw, 49' 4 1/4" Husky Open, 2/9
3. Mitch Bruzik, 13.88m Husky Open, 2/9
4. Kyle Mikesch, 13.52m Husky Open, 2/9

Men's Weight Throw

- 5. Mitch Bruzik, 14.79 SCSU Open, 2/16
1. Mitch Bruzik, 13.95m Husky Open, 2/9
3. Adam Kershaw, 13.71 Husky Open, 2/9